



Seasonality in physical activity: Should this be a concern in all settings?

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Abstract:

This study examines the relationship between weather conditions and overall and domain-specific physical activity in adults living in a city with a temperate, stable climate. Objective and self-reported physical activity levels were measured in 1754 adults participating in RESIDE, a longitudinal study undertaken in Perth, Australia. Steps per week and self-reported minutes of domain-specific physical activity were compared with date-stamped weather data. Weather conditions were relatively constant across all seasons, showing little impact on physical activity behaviour. Variation in weather conditions had modest explanatory power (

Source: <http://dx.doi.org/10.1016/j.healthplace.2011.06.003>

Resource Description

Communication:

resource focus on research or methods on how to communicate or frame issues on climate change;
surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Communication Audience:

audience to whom the resource is directed

Researcher

Exposure :

weather or climate related pathway by which climate change affects health

Precipitation, Solar Radiation, Temperature

Geographic Feature:

resource focuses on specific type of geography

None or Unspecified

Geographic Location:

resource focuses on specific location

Non-United States

Climate Change and Human Health Literature Portal

Non-United States: Australasia

Health Impact: 

specification of health effect or disease related to climate change exposure

Health Outcome Unspecified, Other Health Impact

Other Health Impact: Physical activity in adults

Mitigation/Adaptation: 

mitigation or adaptation strategy is a focus of resource

Adaptation

Resource Type: 

format or standard characteristic of resource

Research Article

Timescale: 

time period studied

Time Scale Unspecified

Vulnerability/Impact Assessment: 

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content